From:	LearnOutLoud.com <emagazine@learnoutloud.com>
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CC:	
Date:	Mon, 8/26/2013 3:15:43 PM
Subject:	A Theory of Human Motivation by Abraham Maslow

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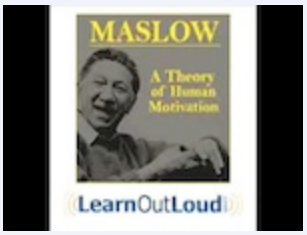
Free Resource - August 26th, 2013

Free Resource of the Day



A Theory of Human Motivation by Abraham Maslow

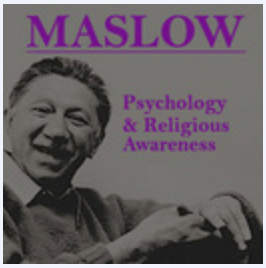
We've started an experiment of putting up some of our audio books for free on YouTube! You can now listen to the full one hour audio book of *A Theory of Human Motivation* by Abraham Maslow for free through our YouTube channel!

This is an audio recording of Maslow's 1943 paper *A Theory of Human Motivation*. This work is the cornerstone of psychiatrist Abraham Maslow's concept of the human hierarchy of needs. In this paper, Maslow describes humanity as a "wanting" species, and traces a chain of needs from the most basic (hunger), to the most self serving (personal safety, financial security), to the most social (esteem) and finally to the most transcendent (self-actualization).

This paper was originally published in Psychological Review in 1943 and is now in the public domain as the copyright was not renewed. The audio book is 1 hour in length and read by our very own Seth Anderson. Listen to it on YouTube today! More free YouTube audio books to come!

A Theory of Human Motivation by Abraham Maslow

Exclusive Audio from Abraham Maslow



The godfather of the modern positive psychology movement is humanistic psychologist **Abraham Maslow**, who coined the term "positive psychology" in his 1954 book **Motivation and Personality**. Maslow created a theory on the **hierarchy of human needs** placing self actualization at the top of his pyramid. His focus on **human potential** and **peak experiences** would lay the groundwork for authors like Seligman and Csikszentmihalyi to further study the science of human happiness.

At LearnOutLoud we are excited to be offering some **exclusive audio recordings** available on audio download from Abraham Maslow. During the 1960s, Abraham Maslow gave many **excellent lectures and workshops** at the Esalen Institute in Big Sur, California. Maslow was an easy speaker to listen to and he speaks on psychology with the same enjoyment that **Joseph Campbell** spoke of mythology and **Alan Watts** spoke of Eastern religion. The audio programs we feature have been selected from the recordings of Maslow's many lectures and workshops at Esalen. We feature seven of

these audio programs and have created descriptions for the content of each of them. Here there are:

1. The Aims of Education

This lecture on the aims of education attempts to reconceive the goals of education under a Maslow framework:

- How do we develop the humanness of a child? What are the ingredients?
- What do we lose when we become adults that we should have been taught earlier?
- What system of values is most important for a child to remember? How do we train teachers to instill these values?
- How do we enhance peak experiences within a child so we retain that into adulthood. Why do we lose this as childhood gives way to maturity?

These, and more fascinating questions are brought up and discussed in Maslow's exploratory dialogues. Ultimately he feels the primary aim of education is in nurturing the child towards the self-actualization that is the primary goal of all healthy human beings.

2. The B-language Workshop

In the B-Language Workshop, we listen in as Maslow presides over a group think-tank on how to convert Maslow's concept of B-Values into a workable language. What comes about is a series of discussions on such topics as the role of humor, transcendent love, why power motivates us, how we should define success in our culture and ultimately what all of these conversations mean when we try to find certain words for vague, sometimes elusive (yet interrelated) concepts. This workshop is an interesting time capsule of an era where several like-minded people came together to suss out a novel vocabulary of experience steeped in a psychological framework they all agreed was exciting.

3. The Eupsychian Ethic

In this workshop Abraham Maslow confronts the humanist alternative education community of the Esalen Institute about what is to be done with the psychological growth and personal insights they've learned. Maslow worries that for many the journey towards self-actualization becomes self-absorbed and he lays out his idea of the "Eupsychian Ethic" where the personal growth knowledge is taken to the practical level of helping to improve individuals in the community and towards making a more peaceful and united world.

4. The Farther Reaches of Human Nature

In this in-depth workshop Abraham Maslow looks at human potential in many aspects of modern culture from business to science to family to education and more. He applies his hierachy of needs to these different aspects of society and gives examples, from the basics of survival in these areas up the pyramid to the self-actualization or transcendence beyond these social institutions. With humor and candor he lays out the methods of achieving these farther reaches of human nature.

5. Psychology and Religious Awareness

Through his own scientific pursuits and his determination to shatter psychiatric dogma, Maslow came to believe that the best scientists are looking for the same thing as the saints: a transcendence of dichotomies. He argues that scientific breakthroughs are akin to religious euphoria in that both experiences provide a rare understanding of our existence. Thus science can be "the religion of the non religious person, or the music of the man who can't sing" as he puts it. He concludes that if we all tried to seek higher, probe deeper, and leave room for doubt as we search, we might form a new brotherhood of man, where we combine previously trivial divisions into a single force that is dedicated to an open minded approach to learning more about life's mysteries.

6. Self-Actualization

This lecture on Self-Actualization recorded in 1966, sketches out a definition of the ideal self-actualized person. What he traces here are common traits he noted after studying self-fulfilled people, such as:

- Selfishness: how being good to yourself is the best way to be good to the world.
- Vocation: how the self-actualized person tends to link what they do inextricably with their sense of who they are.
- B-Values: How these people derive the most excitement from their work the more it correlates with universal human, or as Maslow terms it "B-values".

Maslow goes on to point out that Self-Actualization is only possible after our biological needs are met and thus spiritual motivation emerges only after lower, physical needs such as hunger, safety, love and other bodily motivations are satisfied. In general this lecture is a great introduction to some of the ultimate aims of Maslow's project.

7. Weekend with Maslow

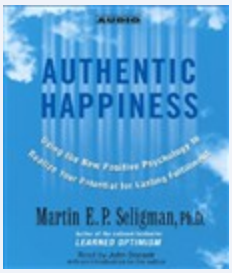
In this weekend workshop, Abraham Maslow lectures on a wide variety of topics related to his ideas on psychology. He looks at the idea of success and goals and tells how he discovered his purpose. He addresses the potential for positive change and the problem of evil from the perspective of his hierachy of needs theory. He talks about values and counter-values, gratitude and entitlement, and many more interesting topics that he had explored throughout his life.

Enjoy this exclusive audio from **Abraham Maslow** at his peak!

If you want a free sampling of some of these audio recordings check out: **The Maslow Podcast**

Positive Psychology!

Featured Section



In today's email we are featuring a number of audio books in the field of **positive psychology** and the **science of happiness**. While traditionally psychology has focused on the important work of treating mental illness, in more recent decades certain psychologists and researchers have studied what can make normal life more fulfilling and what nurtures genius and talent.

One of the psychologists who has been critical to this understanding is **Martin Seligman**. After Seligman's influential work on the theory of "learned helplessness", he set out to to discover the science of learned happiness and eventually wrote the popular self-help manual **Learned Optimism: How to Change Your Mind and Your Life**. Since then he has continued to publish books on happiness and positive psychology up to his latest book which came out this year **Flourish: A Visionary New Understanding of Happiness and Well-being**. You can download these and other Seligman audio books right on LearnOutLoud.com:

Learned Optimism: How to Change Your Mind and Your Life

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

Flourish: A Visionary New Understanding of Happiness and Well-being

And you may want to check out Seligman's free TED talk: **Martin Seligman on Positive Psychology**

Another influential psychologist and researcher in the field of positive psychology is Mihaly Csikszentmihalyi. His popular work **Flow: The Psychology Of Optimal Experience** takes a look at the importance of states of pleasure or "flow" that are achieved when one is in complete absorption in their activity. And he has found that

this state of focused attention is key to happiness and creativity. We offer one of his audio books on download:

Good Business: Leadership, Flow, and the Making of Meaning

And you may want to check out his free TED talk: **Mihaly Csikszentmihalyi on Flow**

Here are a few other popular audio books on positive psychology:

The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work by Shawn Achor

Stumbling on Happiness by Daniel Gilbert

And check out Daniel Gilbert's TED talk: **Dan Gilbert: Why Are We Happy? Why Aren't We Happy?**

And if you want to **cultivate a happier and more positive lifestyle** check out these audio books:

The Power of Positive Thinking by Norman Vincent Peale

The Essence of Happiness by His Holiness the Dalai Lama

The 7 Habits of Highly Effective People by Stephen R. Covey

Making a Good Brain Great by Daniel G. Amen

You Can Be Happy No Matter What by Richard Carlson

Happy for No Reason: 7 Steps to Being Happy from the Inside Out by Marci Shimoff

True Happiness by Pema Chodron

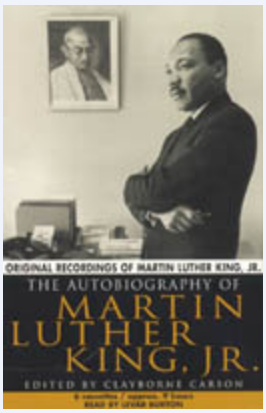
Happiness Is... by A.R. Bernard

Man's Search for Ultimate Meaning by Viktor E. Frankl

Peak: How Great Companies Get Their Mojo from Maslow by Chip Conley

Learn how to be happy from the people who study happiness and positive psychology!

Martin Luther King, Jr. Audio



Martin Luther King, Jr. Audio

Martin Luther King, Jr. is best known for his contribution to the African American civil rights movement in the United States. Born Michael King, Jr. on January 15, 1929, King was the son of a reverend and a former teacher. The future activist was skeptical about Christianity from an early age. Despite his doubts about his own faith, King went on to graduate from Crozer Theological Seminary and became a Baptist minister when he was twenty-five, practicing public speaking skills that would eventually make him one of America's greatest orators.

By the same time, King was working as an executive committee member for the National Association for the Advancement of Colored People. Having grown up in a segregated environment, King was already aware of the disparity in civil rights for African Americans. He took a stand against segregation in 1955, by leading the first nonviolent Negro demonstration - a bus boycott that resulted in a law that prevented segregation on public transportation. The next year, King was elected president of the

Southern Christian Leadership Conference and began to write and deliver speeches across the United States and the world.

While he took the ideals for his organization and mission from Christianity, King was drawn to the teachings of Mahatma Gandhi. The Indian leader's philosophy proposed that non-violent resistance was the best way to promote social change. King agreed, leading numerous non-violent protests for civil rights in the United States. Despite being arrested, harassed, and having his home bombed, King continued leading the civil rights movement until his assassination in 1968.

To learn more about the life of the man who would become the world's youngest Nobel Peace Prize winner, there is **The Autobiography of Martin Luther King, Jr.**, which contains King's own writings and speeches on his life and is available as an audio download or audio CD. If you're interested King's historic speeches, **A Call to Conscience** is a collection of 12 of the great orator's original recordings of some of the most significant speeches he made, available as an MP3 download. A worthwhile introductory audio book is **The Concise King**, which includes 2 hours of notable speeches and sermons from this historic civil rights leader.

And for our ultimate resource on Dr. King which contains audio books about him and much more we urge you to check out our article: **MLK Out Loud**.

Martin Luther King, Jr. Audio

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